

## Transferability

Experience in certain sports can lead to success in other sports simply because the skills, actions, field movements, etc. are similar. These are called Transferable Skills

## Common Examples:

swinging, falling, shooting (accuracy), communication, agility, field/court sense (spatial orientation)

## Examples

Basketball & Soccer & Volleyball *Ultimate*

Soccer: Field Sense, Team Play, Communication, Working with a Defender, Avoiding Contact, Endurance

Basketball: Pivoting, Agility, Team Play, Communication, Working with a Defender, Avoiding Contact, Endurance, Quick Offensive-Defensive Changes.

Volleyball: Diving on the Ground, Agility, Team Play and Communication

Nov 30-6:53 AM

Explain how each of these sports lend transferable skills to the other sport...

- a) Hockey and Baseball > Golf
- b) Running and Cycling > Endurance Sports
- c) Soccer & Rugby > Football
- d) Tennis > Badminton, Squash, Raquetball
- e) Skiing > Snowboarding
- f) Other Examples

Nov 30-7:05 AM

## Hockey and Baseball &gt; Golf

Grip- two hands on the bat, stick, or club

Athletic Stance

Follow through - direction towards your target, allows for complete weight transfer

Hand - eye coordination

external environment - field sense

weight transfer and timing

Dec 1-6:36 AM

## Running and Cycling &gt; Endurance Sports

Balance

Athletic Stance - posture

Endurance (Aerobic Capacity)

Mental Fortitude (Training through pain)

Spacial Awareness

Internal Cadence (Steady state)

Continuous Technique Adjustments

Routine

Hydration

Race Experience

Nov 9-12:34 PM

## Tennis &gt; Badminton, Squash, Raquetball

Grip on the racket

Fine motor movements in the wrist

Court sense

Pivoting and turning back and forth/Agility

Footwork (feet first)

Short bursts of power

Ball placement

Return to T

Backhand/Forehand

Nov 9-12:35 PM

## c) Soccer &amp; Rugby &gt; Football

Team work

Field sense

Kicking accuracy & power

Endurance - general

Footwork - avoiding defenders

Tackling skills - learning to fall & be tackled

Toughness

Ball handling - passing & receiving

Timing - when to perform actions

Communication

Offensive & defensive

Set plays & strategy

Nov 9-12:35 PM

e) Skiing > Snowboarding

\spacial orientation  
avoiding contact  
endurance/aerobic capacity  
control  
athletic stance/posture the knees are bent  
weight transfer  
mental fortitude (aggressive stance)  
technique adjustment

Nov 9-12:35 PM

Nov 27-2:06 PM